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| The Sanibel Light | | |  | A red sign with white text  Description automatically generatedNovember 2023 Volume 55 Issue 10 |
|  | | |  | In this issue  Worship Is Back on Sanibel!  Welcome to Fellowship Hall  Hurricane Ian Recovery update  Green Team  “PODS” for thought |
| NewsFrom Our Community. |  | *Seeking to love all people … growing in faith …*  *working toward God’s vision of justice, healing and joy.*  *Sanibel Congregational United Church of Christ* | | |

**For Your Consideration**

It is said that every evening before he went to sleep, Rabbi Ephraim Shapiro, who lived in the Polish town of Strykow during the early 1800’s, would pour himself a glass of vodka. And every time, right after the first sip, he would say, *“O God, Master of the Universe, a very good night to You”.*

When his students asked him to explain, Rabbi Shapiro, in true rabbinic fashion, instead asked *them* a question.

“Does God suffer when humans suffer?” the rabbi inquired.

“Yes” the students answered.

“So then”, Shapiro continued, “if God is pained by our pain, it stands to reason that if those suffering in the world were to have a night of peace, so would God.”

“And that is why I wish God a good night each and every evening.”…

If the esteemed Rabbi is correct, and I do believe he is, then I think it’s fair to say that God has not had many good night’s sleep since the beginning of creation. And certainly not lately. With the current wars between Israel and Hamas, and Ukraine and Russia, as well as the civil wars in Myanmar, Yemen and Afghanistan, you have to wonder if God sleeps at all these days. While vodka may have worked for Rabbi Shapiro, I doubt there’s enough of that – or late-night TV, white noise machines, or any other sleep aid in the world for that matter – to help cure God’s insomnia.

But maybe *we* can help.

My guess is many of us have also lost sleep over these same current wars – literally, or

symbolically in the form of worry, disappointment, sadness or frustration at it all. And perhaps part of that “emotional insomnia” lies in knowing that it is not in our power as an individual or a community to stop any of it.

Right. But that doesn’t mean there is nothing we cando to at least *help*.

Christianity, Judaism, Native American spirituality, and most every major spiritual tradition, as well as the scientific world, understands that we are all interconnected, that what we do and say matters beyond, and perhaps *far* beyond ourselves – that it has, whether we have any awareness of it or not, *eternal consequences.*

Which means then, that while we may not have the power to stop a war on our own, we *do* have the power to resist contributing to the things that *cause* war, conflict and animosity – the things that have been the ground from which violence and war have sprung since Cain murdered Abel.

It means that we *do* have the power to refrain from stereotyping those who look, speak or believe differently than we do. It means that we *do* have the power to check ourselves before we insult or ridicule someone else. It means that we *do* have the power to not see our needs, desires and selves as the center of the universe.

And it means that, while we may not have the power to bless God with a *full* good night’s sleep, we *do* have the power to at least help him catch a decent minute or two here and there.

As we enter November, the month in which we specifically set aside a day to offer God gratitude for all our blessings, how, from that same sense of gratitude, can we not also experience deep sadness over God’s insomnia? And how can we not be moved to practice the seemingly small, but vital things we *can* do to help?

At the end of this coming Thanksgiving Day, and every day, let’s consider raising a glass and wishing God a good night. And then, out of gratitude, try to be better sleep aids.

Blessings,

Mark

Rev. Dr. Mark Boyea

Senior Minister

**Daylight Saving Time Ends Sunday, November 5**

As Daylight Saving Time ends on **Sunday, November 5**, please remember to **turn your clocks back one hour on Saturday night, November 4.**

**Worship Notes**

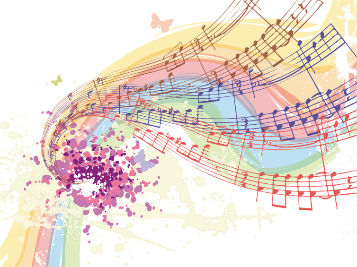
The big news, of course is that **Sunday, October 8, marked our return to SCUCC for Worship in Fellowship Hall!!!**

It was a joyous and exhilarating day for our spiritual community, as that Sunday also saw the return of the SCUCC Choir, under Dr. Albert’s direction, to lead us musically. And then, immediately following Worship, we had an extra special Fellowship time featuring a celebration of Fred Nordstrom’s 95th birthday.

Also in October, we had our quarterly ***“Ask the Minister”*** Sunday on October 22. Once again, the questions and discussion were informative, challenging and insightful.

Lastly in October, we began our annual Stewardship season on Sunday, October 29th, leading to **“*Thanksgiving/Pledge Sunday”* on November 19.** Our theme for this year is, ***“Rising******Up, Returning Home”****.* Aspects of that theme will be explored in Mark’s Messages during those weeks, as well as by members of our community offering *“Stewardship Moments”.*

In November, we will continue with our Stewardship season, as well as celebrate the Sacrament of Communion on Sunday, November 5. In addition, we will commemorate Veteran’s Day on Sunday, November 12 by having veteran Roger Trifthauser deliver the morning’s Message as Mark will be away.

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**Spiritual Growth Opportunities**

With the conclusion of our latest unit, “*Pillars of Strength: Foundations of Lifelong Spiritual Growth”,* we prepare to move into a new unit in early November:

***“Shepherd, Soldier, Sinner, Sovereign: The Life and Times of David”***

**Tuesdays: November 7, 14, 21, 28; December 12 and 19**

**7:00-8:15pm on Zoom only**

With the Advent and Christmas season arriving soon, we know that Jesus is described in the Gospels as coming from *“The House of David”.* But what does that mean? And more importantly, who *was* David?

During this unit, we will consider what we think we know historically regarding David, but most vitally, dive into some of the pivotal stories *about* David that are presented to us in the Bible. We will explore those stories, as well as the deeply complex portrait of David and his relationship with God that they offer us, as a means of better understanding our own.

**Bible Study**

**Bible Study will meet this Thursday, November 2 at 11am on Zoom.**

Each week, we explore the Scripture passage(s) being used in Worship that coming Sunday. These sessions are largely “guided discussion” in approach, focusing on your questions and insights from reading the text(s) ahead of time, with Mark facilitating and adding relevant context and detail as needed or wanted. This approach allows for participants to engage with the Bible creatively, and with an eye toward how the text speaks to us in our time and lives. In addition, they are great prep for getting more out of the Sunday messages!

We hope you will take the time to join in.

During the month of November, Bible Study will meet on:

November 2

November 16

November 30



**STEWARDSHIP SEASON**

We began this year’s Stewardship season campaign, with the theme,

***“Rising Up, Returning Home”***

on Sunday, October 29. On that day, Paul Roth offered a deeply meaningful *Stewardship Moment*, and Mark’s Message explored aspects of this year’s theme.

In the coming weeks, we will have other speakers and presenters:

Sunday, November 5 – Tom Lisle on Stewardship logistics

Sunday, November 12 – Neal and Sherry Halleran with a Stewardship Moment

Sunday, November 12 ***after Worship –*** Budget Forum lead by Frank Palaia

Then, on Sunday, November 19, we will celebrate both Thanksgiving and Pledge Sunday.

If you have not already, you will soon receive a letter and Pledge Card from the SCUCC Stewardship Committee. In addition, Pledge cards will be made available each Sunday at Worship. And of course, you can always make a Pledge electronically by going to the main page of our website.



**Deacons Corner**

Things ran smoothly for the Deacons this summer, as many church members and friends were still up north or away in other places. We continued to support Mark and our Worship celebrations liturgically and afterwards with weekly Fellowship Times filled with delicious goodies!

Only one ***Dinner for Six*** group continued during the summer, but we expect the others to begin shortly after November or the holidays.

We continue to enjoy and be truly grateful for the return of Sunday Worship in SCUCC Fellowship Hall.

Many, many thanks to the dedicated Deacons who continue to give their time so unselfishly:

Shirley Aikens, Joan Burns, Gail Creager, Nancy Deffenbaugh, Sherry Halleran, Judy Palaia, Jane Ramseth and Linda Winn.  Also, a hearty thanks to the spouses who supported us, as well:  Joe Burns, Neal Halleran, Frank Palaia and Chuck Ramseth.

Jill Bugby keeps hanging in there with us, too!

Always in His service,

Kathy Y. Carter, Chair

Board of Deacons

**No Christmas Eve on The Beach In 2023**

Please note that we have recently been informed by the city that due to reconstruction and environmental concerns, the Christmas Eve Beach Service will not be allowed to take place this year. The hope is that it will resume in 2024.

As for Christmas Eve at SCUCC, in light of there being no Beach Service, Mark and the Deacons will be determining in the next week or two what time we will offer a Christmas Eve celebration here. Stay tuned for that info as soon as it is decided.

**A Word from our Moderator**

**Dear SCUCC Community**

I’m writing from Pennsylvania this week- surrounded by a glorious variety of brightly colored leaves, and an occasional sunbeam. The temperatures are trending down and reminding me why I spend most of the year in a subtropical paradise. I’m anxious to join as many of you as possible again soon, to enjoy our evolving church home. It is wonderful to see great progress made every week, and I am honored to work with the fabulous team of lay leaders and Trustees who continue to work tirelessly to bless us with a wonderful new space. Every week there are at least two long and fruitful meetings.

The return to Worship in Fellowship Hall on October 8 was amazing. The people, music, the energy, the Message, and the party for Fred afterward were so refreshing. Despite the poison ivy rash I suffered after picking up trash that morning, it was the highlight of my month. Thank you to all who were there, viewed live or watched the recording afterward.

You will soon be hearing, as you do every fall, about the upcoming needs of the congregation in terms of time, talent, and treasure, but right now I want to highlight the time and talent aspects. We have had to say good-bye to several key folks from our community, and allow others to step back because of - well, you know, lots of issues ongoing. I’m praying that many of you will be willing to put your hands up for three, two, or even one year to share your interests and skills in finance, grounds, environmental support, membership support, hospitality, mission, health, music, or anywhere else you see a space. Being involved is such a gift. Please contact me, Vice Moderator Neal Halleran, Rev. Dr. Mark, Jenny Chacon in the Office, or any other lay leader to join in. Please.

There are a lot of folks who have been instrumental in keeping our flock engaged. I keep thinking about how lessons from Covid have helped us deal with Ian better. And the Refuge Church team shared so generously with us. So many people have stepped up - sometimes to distract themselves from sorrow.

And Rev. Dr. Mark Boyea- what a gift he has been to us. The classes, Messages, and leadership he has provided are deeply appreciated. (What do you think of that Ask the Minister Sunday?? I love it!)

Finally, I’d like to send a huge thank you to the Deacons and helpers who have made every Sunday a celebration, and, together with Mark and the musicians, given us mornings to remember each Sunday.

**Diana Day, Moderator**

A group of people standing in a room

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**Healthy Happenings**

What Is the MIND Diet?

“MIND” stands for “Mediterranean-DASH Intervention for Neurodegenerative Delay.” The MIND diet aims to reduce dementia and the decline in brain health that often occurs as people get older. It combines aspects of two very popular diets, the Mediterranean diet and the Dietary Approaches to Stop Hypertension (DASH) diet. Researchers wanted to create a diet specifically to help improve brain function and prevent dementia. To do this, they combined foods from the Mediterranean and DASH diets that had been shown to benefit brain health. For example, the Mediterranean and DASH diets both recommend eating a lot of fruit. Fruit intake has been linked with improved brain function, but berries in particular are supported by the strongest evidence of improvement in cognitive function. Thus, the MIND diet encourages eating berries but does not emphasize consuming fruit in general.

The MIND diet was created by Dr. Frank Sacks and researchers from Harvard School of Public Health, whose findings were published in 2015. Their findings were based on dietary assessments from a research project begun in 1997 called the Memory and Aging Project. The researchers went through and gave scores to participants’ diets based on how closely they followed the proposed MIND diet recommendations. They then evaluated the risk of Alzheimer’s and cognitive decline after 5 years.

What they found was that those participants who ate more of the MIND diet foods had a 53% lower risk of developing Alzheimer’s compared to people who ignored the MIND diet. They also found that participants who only followed the diet in a moderate way still had a 35% lower risk. Conclusions, post additional study groups in the following years and continued assessment of the original 1997 study group revealed that better adherence to the diet resulted in improved cognitive function irrespective of whether the participants had Alzheimer’s disease.

The brain is especially sensitive to oxidative stress and inflammation, so its need for antioxidant and anti-inflammatory foods is high. Brain matter is 60% fat, so essential fatty acids, particularly omega-3 fatty acids are critical to brain health. Another component of the MIND diet is the concept that eating too many brain-harming foods may damage the blood brain barrier and may promote the formation of beta amyloid plaques, which have been linked to Alzheimer’s and may result in neuron damage. Therefore, the MIND diet encourages eating more of the 10 foods that they have determined enhance brain health and eating less of the 5 foods that it recommends you limit.

Here are the 10 foods the MIND diet encourages:

• Green, leafy vegetables: Aim for six or more servings per week. This includes kale, spinach, cooked greens, and salads.

• All other vegetables: Try to eat another vegetable in addition to the green leafy vegetables at least once per day. It’s best to choose non-starchy vegetables because they provide a lot of nutrients for a low number of calories.

• Berries: Eat berries at least twice per week. Berries such as strawberries, blueberries, raspberries, and blackberries all have antioxidant benefits.

• Nuts: Try to get five or more servings of nuts each week. The creators of the MIND diet don’t specify what kind of nuts to consume, but it is probably best to vary the type of nuts you eat to obtain a variety of nutrients.

• Olive oil: Use olive oil as your main cooking oil.

• Whole grains: Aim for at least three servings daily. Choose whole grains like oatmeal, quinoa, brown rice, whole wheat pasta, and 100% whole wheat bread.

• Fish: Eat fish at least once per week. It is best to choose fatty fish such as salmon, sardines, trout, tuna, and mackerel for their high amounts of omega-3 fatty acids.

• Beans: Include beans in at least four meals per week. This category includes all beans, lentils, and soybeans.

• Poultry: Try to eat chicken or turkey at least twice per week. Fried chicken is not encouraged on the MIND diet.

• Wine: Aim for no more than one glass daily. Both red and white wine may benefit your brain.

Here are the 5 foods to avoid on the MIND diet:

• Butter and margarine: Try to eat less than 1 tablespoon (about 14 grams) daily. Instead, try using olive oil as your primary cooking fat and dipping your bread in olive oil with herbs.

• Cheese: The MIND diet recommends eating cheese less than once per week.

• Red meat: Aim for no more than three servings per week. This category includes all beef, pork, lamb, and products made from these meats.

• Fried food: The MIND diet highly discourages fried food, especially the kind from fast-food restaurants. Limit your consumption to less than once per week.

• Pastries and sweets: This includes most of the processed snack foods and desserts you may think of — ice cream, cookies, brownies, snack cakes, doughnuts, candy, and more. Try to limit these to no more than four times per week.

Researchers encourage limiting your consumption of these foods because they contain saturated fats. Studies have found that trans fats are clearly associated with all sorts of diseases, including heart disease and even Alzheimer’s disease.

Having a healthy and active mind, as we age, is something we all want and hope for. The MIND diet is fairly simple to follow and seems quite healthy. You might like to try it or moderate it if you have dietary restrictions. Checking with your physician is always a good bet.

Caring for you and your health,

Linda Convertine, Parish Nurse

**Philippians 4:8-9**

**“Finally, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things… and the God of peace will be with you.**



**From the Stewardship Committee**

**“Rising Up, Returning Home”**

In the aftermath of the crisis and chaos that was wreaked by Hurricane Ian, our church has been rising up and moving forward, and now it is returning home.

After a crisis, a community can sometimes be a harsh place, but our spiritual community remained, and remains, a place that stands for and offers others God’s mercy, justice, love, and understanding. We remained, and remain, a people and place dedicated to giving of our time, talents, and treasure to these purposes.

To borrow the words God spoke through the prophet Isaiah, though our church home was heavily damaged by the storm, we are, thanks to the efforts of many, “about to do a new thing” at SCUCC. Just as our church building is becoming renewed through our efforts to rebuild it, we are and will continue to be renewed as we come together to put our faith into action in this new chapter of SCUCC’s life. The past year has only reinforced the life and spiritual truth that we can do so much more together than we can as individuals. We have, and will continue to, turn crisis into triumph with God and each other’s care, commitment, and support.

As we enter this Stewardship season in this time of renewal, your giving will make it possible for us to continue to move forward, discovering who and what God is now calling us to be. Please give as generously as you can when donating or making a pledge to SCUCC this season.

Peace.

Barbara Joy Cooley

Member, SCUCC Stewardship Committee



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**The Green Team**

***Which is better for the environment: pods or liquid detergent?***

“Unit dose laundry detergents have gained popularity over traditional powder and liquid laundry detergent for several reasons. First off, unit-dose detergents are very convenient. Just grab a pod or sheet, throw it into the washer, and push start – you’re done. Second, marketers behind unit-dose detergents have been promoting the sustainability advantages of pods and sheets. Some of these claims make sense. For example, the weights of the detergents in unit dose forms are only a fraction of a typical powder or liquid detergent. The reduced dosages mean less transportation and storage requirements, which saves substantial amounts of energy required for the laundry detergent industry. However, pods and sheets pose other consumer safety and environmental concerns that they often do not mention.

One primary concern is that the film in pods and substrate used in sheets is made of plastic. The chemical that allows laundry pods and sheets to “dissolve” is called polyvinyl alcohol - also known as PVA or PVOH. PVOH is a synthetic, petroleum-based polymeric plastic that "dissolves" in water – breaking down into smaller plastic particles called microplastics.

Once the detergent pods or sheets meet the water in the washing machine, they break down into microplastics and are discharged as part of the wastewater. In previous studies, PVA and its derivatives have been viewed as being harmless and readily biodegradable in wastewater, especially after being treated by water treatment plants.

However, recent studies have seriously challenged the readily biodegradable status of PVA films. Two scientists from Arizona State University reported that the majority of dissolved PVA film in wastewater is not fully biodegraded through the setup of current water treatment plants. In order for PVA to biodegrade, special PVA-adapted microbes need to be added at high levels and for long durations. Currently, most water treatment facilities do not sufficiently treat PVA in water, and therefore poses a series of environmental and safety concerns.

In recent years, several credited research papers have also challenged PVA’s safety profile and environmental friendliness due to its manufacturing process. Scientists from Ryerson University in Toronto reported their independent product packaging Life Cycle Assessment (LCA) on PVA liquid detergent pods sold in PET containers or flexible pouches, vs. traditional liquid detergents in HDPE plastic jugs. Quite surprisingly, in their load-to-load comparisons, they found that almost all the key human safety and environment indicators of traditional liquid detergents in plastic jugs are much better than the unit-dose liquid detergent pods. This research indicates that the production of PVA film is quite a polluting process, which involves heavy environmental and safety burdens in carcinogenic toxins, ozone depletion, acidification, eutrophication, and fossil fuel depletion.

Ultimately, the negative impacts from the production of PVA film have greatly compromised the benefit brought in by the less dosage of the PVA liquid pods.”

***Why are trees so important to our ecosystem and how could we protect them?***

*First, trees keep wildlife healthy.*

As you know, trees help wildlife by [providing materials for them to eat and build a home](https://citizensclimatelobby.us9.list-manage.com/track/click?u=5bbb8e41445e981521eed8f2a&id=a9338632f0&e=76b96a575a). Some animals, such as birds and deer, eat foliage or nuts and berries produced by trees. Trees provide a home for many animals, such as birds and squirrels. Beavers are well known for cutting down trees to build dams and other important structures. These structures create a safe environment for animals to reproduce and hide from predators.

*Second, trees clean up air pollution.*

As you know, c[limate change is the trapping of greenhouses gases in the atmosphere](https://citizensclimatelobby.us9.list-manage.com/track/click?u=5bbb8e41445e981521eed8f2a&id=e1994b62fa&e=76b96a575a), causing lots of negative effects on the health of the planet and all living things on it.  Fortunately, trees and healthy forests help reduce air pollution caused by climate change. When dirty atmospheric particles land on the surface of a tree or leaf, [they are removed from the atmosphere and absorbed by the plant](https://citizensclimatelobby.us9.list-manage.com/track/click?u=5bbb8e41445e981521eed8f2a&id=75b121e160&e=76b96a575a). This is also the case for the removal of greenhouse gases from the atmosphere. [Through photosynthesis](https://citizensclimatelobby.us9.list-manage.com/track/click?u=5bbb8e41445e981521eed8f2a&id=ac95a1bda0&e=76b96a575a), leaves absorb carbon dioxide to feed cells, in turn producing oxygen. Each year, American forests pull the equivalent of 12% of America’s carbon pollution out of the air.

*Third, trees reduce heat.*

Climate change has caused excessive heat to get trapped in our atmosphere, severely elevating temperatures. In some American cities, trees are often sparse in neighborhoods with more low-income families and people of color. On a hot day, these neighborhoods can experience temperatures more than 15°F hotter than wealthier neighborhoods in the same city. Planting trees is [the cheapest, fastest, and most effective way](https://citizensclimatelobby.us9.list-manage.com/track/click?u=5bbb8e41445e981521eed8f2a&id=47550f44ad&e=76b96a575a) to directly lower temperatures and save lives in cities. Adequate tree coverage can [reduce temperatures as much as 10°F](https://citizensclimatelobby.us9.list-manage.com/track/click?u=5bbb8e41445e981521eed8f2a&id=20d1d3b1db&e=76b96a575a).

For this same reason, trees help lower the strain on electrical grids. A heat-triggered power outage in a major city could leave millions at risk of heat stroke and heat exhaustion. Because trees help keep things cooler, they reduce air conditioning usage and the risk of a major power failure.

 How can we support trees and their positive impact?

We could support the following policies currently in Congress:

[The FOREST Act](https://citizensclimatelobby.us9.list-manage.com/track/click?u=5bbb8e41445e981521eed8f2a&id=649ba9305c&e=76b96a575a) which fights deforestation worldwide by restricting the importation of products made of commodities produced on land undergoing illegal deforestation.

The Growing Climate Solutions Act, which facilitates the participation of farmers, ranchers, and private forest landowners in voluntary environmental credit markets.

Other possible individual actions:

“Every year, Americans flush the equivalent of millions of trees down the toilet. Much of it comes from trees[logged in Canada’s species-rich boreal forests](https://s2.washingtonpost.com/399c9b2/642c58aef19a510b04355fae/5d38f8c49bbc0f59fa538b4c/23/40/642c58aef19a510b04355fae), which store about the same amount of carbon as three decades’ worth of[fossil fuel emissions](https://s2.washingtonpost.com/399c9b3/642c58aef19a510b04355fae/5d38f8c49bbc0f59fa538b4c/24/40/642c58aef19a510b04355fae).” Since most toilet paper is made from virgin trees (what a bummer!), it is worthwhile seeking out toilet paper from recycled paper.

Additionally, we could install inexpensive bidets under our toilet seats. “Bidets require about[one-eighth of a gallon](https://s2.washingtonpost.com/399c9b4/642c58aef19a510b04355fae/5d38f8c49bbc0f59fa538b4c/25/40/642c58aef19a510b04355fae) of water per use. That’s a fraction of what’s required to make the amount of toilet paper needed for the same purpose.

Climate Coach, The Washington Post, April 4. 2023

**Announcements**

**INTERESTED IN JOINING SCUCC???**

Despite our ongoing displacement, energy, enthusiasm, and participation on Sundays remains high, including the regular presence of visitors. In that regard, if you are considering becoming a member of SCUCC, please let Rev. Mark know. After you and he discuss the expectations and, as the old commercial says, “the benefits of membership”, you and he can schedule a Sunday that works best for you to become an official part of the SCUCC community.

**Shell Point Women’s Group November Luncheon**

The Sanibel Congregational UCC, Shell Point Women’s Group will have its next monthly luncheon meeting **Friday, November 10 at 11:30am at the Palm Grill in the Woodlands Common**. Please make reservations with Emily Kletzien at [emily.kletzien@gmail.com](mailto:emily.kletzien@gmail.com).

**Shell Point Men’s Group November Luncheon**

The Sanibel Congregational UCC Shell Point Men’s Group will have its next monthly luncheon meeting **Tuesday, November 14 at noon at the Palm Grill in the Woodlands Common**. Please make reservations with Candy Atchison at JimAtch@aol.com or 561-714-4655.

**Alcoholics Anonymous**

The men’s Big Book meeting of Alcoholics Anonymous has resumed.

It takes place every Thursday at 12:00 noon in Fellowship Hall.

Anyone who thinks they may have a problem with alcohol is welcome.

**Current Office Schedule**

As we move closer to a full return to the church campus, things have moved far enough along that **the Church Office is now open Monday-Thursday, from 9am-3pm**. Then later this fall, we expect the office to return to being open Monday-Friday during those same hours.

**DECEMBER SANIBEL LIGHT DEADLINE**

Please note that the deadline for submissions to the December 2023 edition of the *Sanibel Light* is **Friday, November 24.**

Please send all submissions in **Microsoft** **Word Format** to Jenny Chacon, Church Administrator at [jenny@sanibelucc.org](mailto:jenny@sanibelucc.org)

**You’ve Got Plans**

**Sanibel & Captiva Events**

**November 7**

PINK TEA PARTY 11:30AM-1:30PM

Cielo Restaurant 1244 Periwinkle Way Sanibel

Tickets $50 per person

PinkOutTea.com

**Shell Crafters**

Mon, November 27, 10AM-1PM

Shellcrafters share their knowlwdge on how to craft with shells. Free Classes, are open to everyone.

**Thanksgiving Gift Baskets**

FISH will distribute bags of stuffing, rolls, fresh and canned vegetables, pies, and a gift card to purchase a turkey or other holiday protein for the Thanksgiving holiday to pre-registered participants.

**A turkey on a plate with vegetables and wheat

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<https://www.fishofsancap.org/wp-content/uploads/2023/08/happy-thanksgiving.png>

**Date:**

November 20

**Time:**

10:00 am - 2:00 pm

**Event Categories:**

[Community](https://www.fishofsancap.org/events/category/community/), [Holidays](https://www.fishofsancap.org/events/category/holidays/)

**Event Tags:**

[FISH OF SANCAP](https://www.fishofsancap.org/tag/fish-of-sancap/), [Neighbors Helping Neighbors](https://www.fishofsancap.org/tag/neighbors-helping-neighbors/), [Thanksgiving Holiday](https://www.fishofsancap.org/tag/thanksgiving-holiday/)

**Venue**

FISH OF SANCAP

*2430 PERIWINKLE WAY SUITE B  
Sanibel, FL 33957 United States*[*+ Google Map*](https://maps.google.com/maps?f=q&source=s_q&hl=en&geocode=&q=2430+PERIWINKLE+WAY+SUITE+B+Sanibel+FL+33957+United+States)

**Phone:**

239-472-4775

**Bits & Bobs**

**Like A Ride To Worship??**

If you would like a ride from Shell Point or Cypress Cove, please contact the Church Office at [office@sanibelucc.org](mailto:office@sanibelucc.org) **by Noon on Thursdays.**

**Giving is Easy:**

**1. PayPal link is available from the church’s homepage (www.sanibelucc.org)**

**2. Automatic Payment Program (ACH) is available. To sign up email Jenny@sanibelucc.org to receive the authorization form.**

**3. Checks payable to SCUCC can be mailed to:**

**Sanibel Congregational UCC 2050 Periwinkle Way, Sanibel FL 33957.**

**Mark Boyea**

**mark@sanibelucc.org**

**Jenny Chacon**

**jenny@sanibelucc.org**

**office@sanibelucc.org**

**Office Hours**

**Monday – Thursday**

**9:00-3:00pm**

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